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[54] **HIGH ENERGY SNACK FOOD PRODUCT AND PROCESS OF MANUFACTURE**

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### [57] ABSTRACT

[52] **U.S. Cl.** ..... **426/93; 426/44; 426/94;**  
426/549; 426/618; 426/619; 426/620; 426/621

High energy food product which consists primarily of an admixture of barley, flax and teff, and a binder which holds the admixture together. The binder includes corn syrup, honey, canola oil, ground sunflower seeds, and it is added to the admixture after the barley, flax and teff have been mixed together. The process is carried out in a way which prevents light from causing deterioration of either the admixture or the final product.

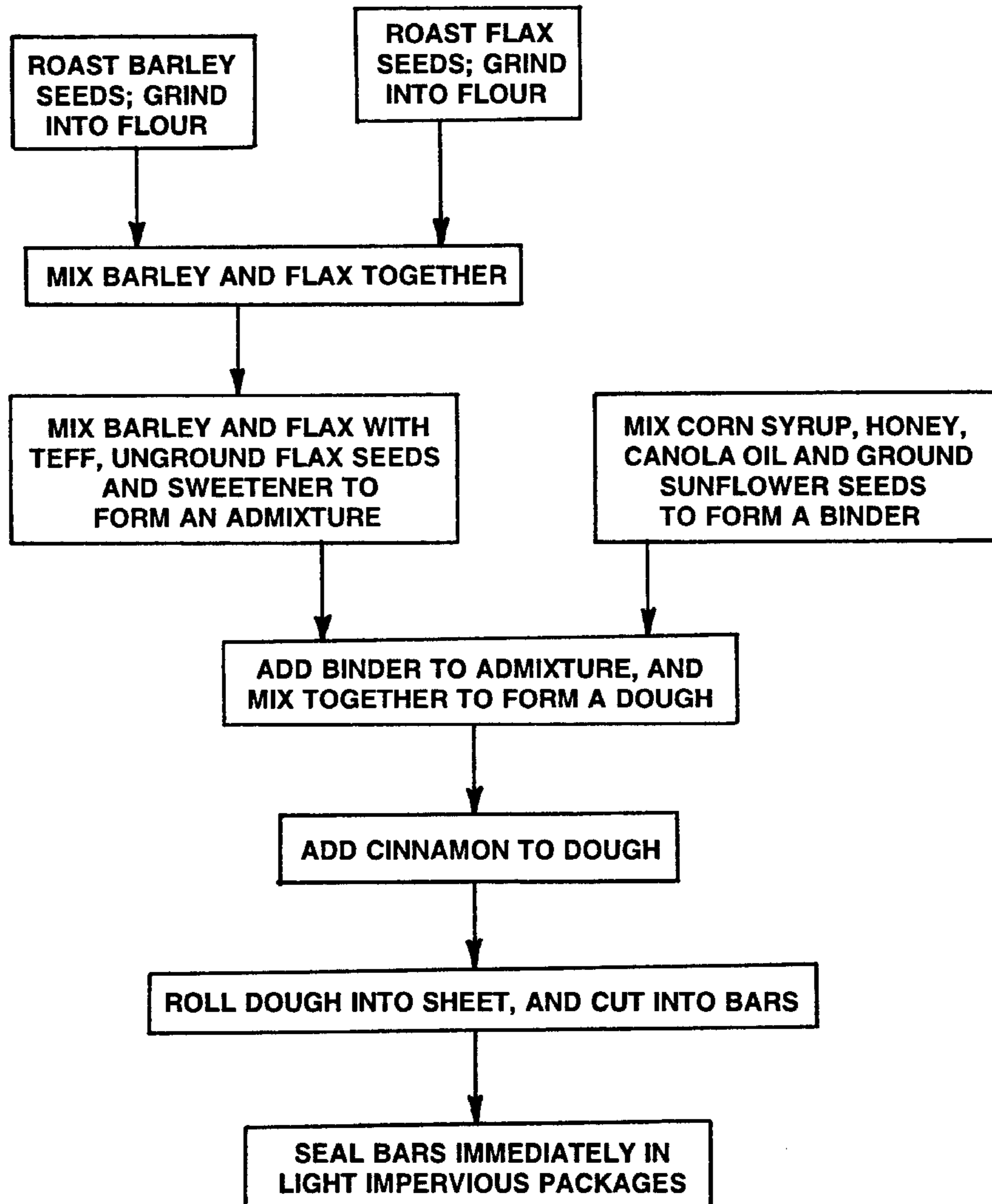
[58] **Field of Search** ..... 426/93, 94, 549,  
426/618, 619, 620, 621, 44

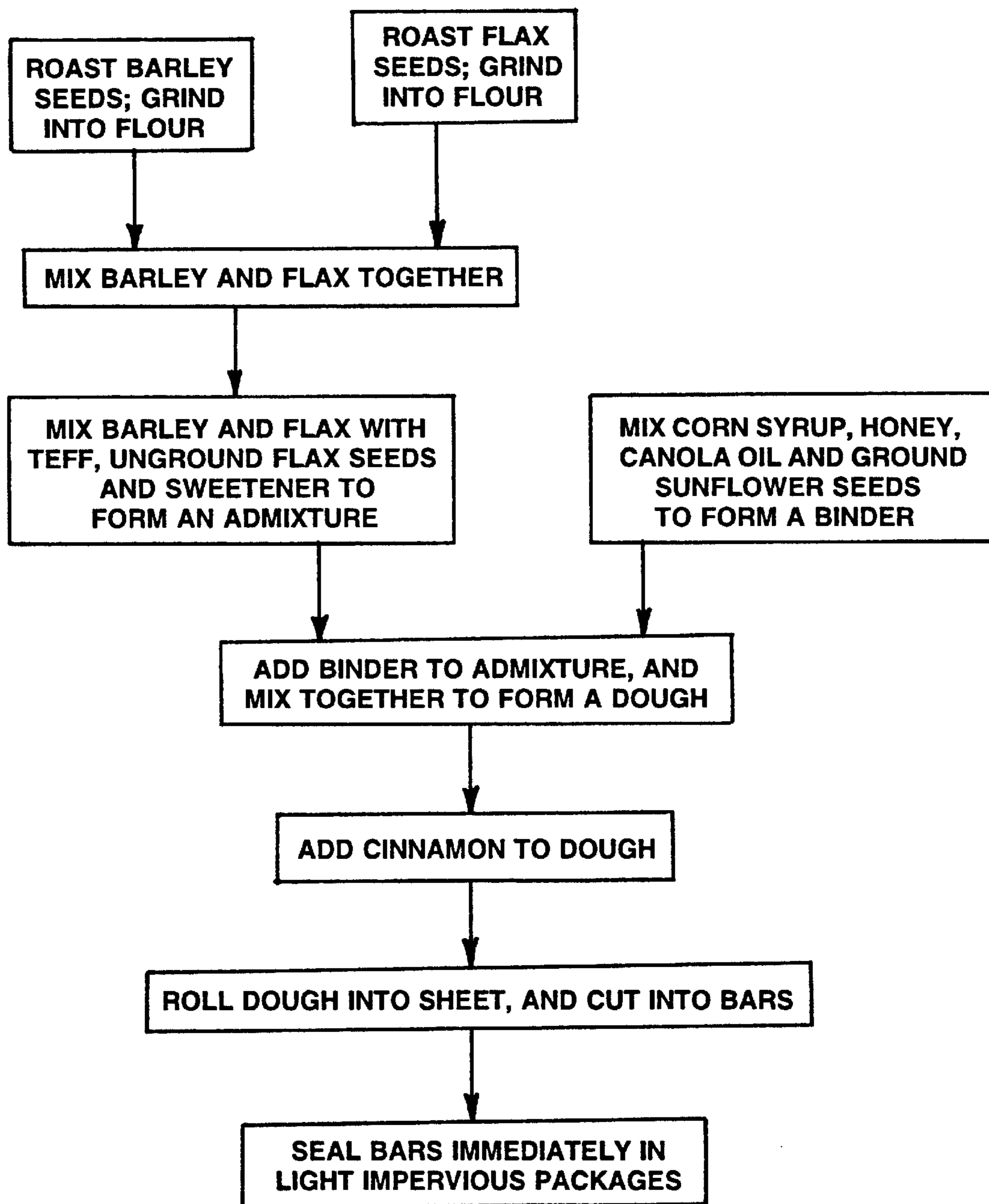
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16 Claims, 1 Drawing Sheet





## HIGH ENERGY SNACK FOOD PRODUCT AND PROCESS OF MANUFACTURE

### BACKGROUND OF THE INVENTION

This invention pertains generally to food products and, more particularly, to a high energy snack food product and process of manufacturing the same.

In recent years, there has been an increasing interest in healthy snack food products such as granola bars and the like. Such products are generally better for people to eat than other snack foods such as candy bars, and they can provide extra energy as well as nutrients.

### OBJECTS AND SUMMARY OF THE INVENTION

It is in general an object of the invention to provide a new and improved high energy snack food product and process of manufacturing the same.

Another object of the invention is to provide a food product and process of the above character utilizing only natural ingredients.

These and other objects are achieved in accordance with the invention by providing a bar which consists primarily of an admixture of barley, flax and teff, and a binder which holds the admixture together. The binder includes corn syrup, honey, canola oil, ground sunflower seeds, and it is added to the admixture after the barley, flax and teff have been mixed together. The process is carried out in a way which prevents light from causing deterioration of either the admixture or the final product.

### BRIEF DESCRIPTION OF THE DRAWING

The single FIGURE of drawing is a flow chart of one embodiment of a process for manufacturing a high energy food product in accordance with the invention.

### DETAILED DESCRIPTION

In a presently preferred embodiment, a food product manufactured in accordance with the invention contains the following ingredients:

- 6 parts ground barley
- 2 parts ground flax
- 2 parts teff seeds
- 1 part unground flax seeds
- 1 part carob
- 2 parts corn syrup
- 2 parts honey
- 1 part canola oil
- 2 parts ground sunflower seeds
- ½ part cinnamon

The barley is cleaned and lightly roasted at a temperature on the order of 100° C. for about 3 minutes until brown. After roasting, the seeds, which are still in their skins, are ground into a powder form, or flour.

The ground flax is prepared by lightly roasting flax seeds at a temperature on the order of 100° C. for a period of about 2–3 minutes in a flat pan. Immediately after roasting, the flax seeds are cooled for a period of about 5 minutes, then ground into a fine powder, or flour.

The teff seeds are likewise roasted at a temperature on the order of 100° C. for a period of about 2–3 minutes, then kept at a cool temperature.

The barley flour and flax flour are mixed together, then the teff seeds, unground flax seeds and carob are added to the

mixture and mixed with it to form an admixture. The admixture is then kept in a cool, dark place so that light will not cause oxidation which could cause the final product to have a bitter taste. The admixture can be stored for up to about 8 months without deterioration as long as it is kept in a cool, dark place.

The carob serves as a sweetener as well as giving a chocolate flavor to the product. However, any natural sweetener can be used, including extracts such as banana extract.

The corn syrup, honey, canola oil and ground sunflower seeds are mixed together to form a binder which is then poured into the admixture and mixed with it to form a dough. The ground sunflower seeds have a consistency like peanut butter, and they serve to keep the dough moist and flexible.

After the dough is thoroughly mixed, the cinnamon is added and mixed into the dough.

The dough is then rolled out into a flat sheet and cut into bars of the desired shape, e.g. square. To prevent oxidation, the bars are immediately sealed in plastic film wrappers or other suitable packages which are impervious to light. If desired, the bars can be vacuum sealed for even better preservation.

The invention has a number of important features and advantages. The bars contain only natural ingredients and are high in both nutrition and energy. They contain no preservatives, food coloring or other artificial additives.

The flax seeds contain several essential nutrients, including calcium, iron, niacin, phosphorous and Vitamin E. It is also a rich source of Omega-3 fatty acid.

The teff seeds are a rich source of calcium, iron, protein and niacin. They are one of the smallest seeds in the world, with about 150 teff seeds being equal in size to one grain of wheat.

The barley contains about 8–10 percent protein, 62–65 percent starch, 1–3 percent fat, and 2–3 percent mineral water.

The bars have been found to work quite well for weight management, fighting fatigue, and rejuvenating body cells. They contain a large amount of fiber which keeps the digestive system clean and regular.

It is apparent from the foregoing that a new and improved high energy snack food product and process of manufacture have been provided. While only certain presently preferred embodiments have been described in detail, as will be apparent to those familiar with the art, certain changes and modifications can be made without departing from the scope of the invention as defined by the following claims.

What is claimed is:

1. A food product comprising an admixture of barley, flax and teff, and a binder including ground sunflower seeds which holds the admixture together.

2. A food product in the form of a bar consisting primarily of roasted barley flour, roasted flax seed flour, teff seeds, corn syrup, honey, canola oil, ground sunflower seeds, and a natural sweetener.

3. The food product of claim 2 comprising on the order of 6 parts roasted barley flour, 2 parts roasted flax seed flour, 2 parts teff seeds, 1 part unground flax, 2 parts corn syrup, 2 parts honey, 1 part canola oil, 2 parts ground sunflower seeds, and 1 part natural sweetener.

4. The food product of claim 3 further including on the order of ½ part cinnamon.

5. The food product of claim 2 wherein the natural sweetener is carob.

6. In a process of manufacturing a food product, the steps of:

mixing together ground barley seeds and ground flax seeds, then adding teff seeds and unground flax seeds to

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form an admixture, and adding a binder to the admixture to hold the product together.

7. In a process of manufacturing a food product, the steps of:

forming an admixture of barley, flax and teff, and adding a binder to the admixture to hold the product together, the barley being prepared by lightly roasting barley seeds and grinding the roasted seeds to make a flour.

8. In a process of manufacturing a food product, the steps of:

forming an admixture of barley, flax and teff, and adding a binder to the admixture to hold the product together, the flax being prepared by lightly roasting flax seeds and grinding the roasted seeds to make a flour.

9. In a process of manufacturing a food product, the steps of:

forming an admixture of barley, flax and teff, adding a binder to the admixture to hold the product together, rolling the product into a sheet, and cutting the sheet to form bars.

10. In a process of manufacturing a food product, the steps of: mixing together ground barley seeds and ground flax seeds, then adding teff seeds and unground flax seeds to form an admixture, combining corn syrup, honey, canola oil and ground sunflower seeds to form a binder, mixing the binder with the admixture to form a dough, rolling the dough into a sheet, and cutting the sheet into bars.

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11. The process of claim 10 wherein the barley seeds are roasted at a temperature on the order of 100° C. for approximately 3 minutes, and ground into flour before being mixed with the ground flax seeds and the teff seeds.

12. The process of claim 10 wherein the flax seeds are roasted in a flat pan at a temperature on the order of 100° C. for approximately 3 minutes, then ground into flour before being mixed with the ground barley seeds and the teff seeds.

13. The process of claim 10 wherein a sweetener is added to the ground barley seeds and the ground flax seeds along with the teff seeds and the unground flax seeds.

14. The process of claim 10 including the step of adding cinnamon to the dough after the admixture and the binder are mixed together.

15. The process of claim 10 including the steps of storing the admixture in a cool, dark place until it is mixed with the binder, and sealing the bars in packages which are impervious to light immediately after the bars are formed.

16. In a process of manufacturing high energy food bars, the steps of: grinding lightly roasted flax seeds, mixing the ground flax seeds with barley and teff to form an admixture adding a binder to the admixture to form a dough, rolling the dough into a sheet, cutting the sheet into bars, and vacuum sealing the bars in packages immediately after they are formed.

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